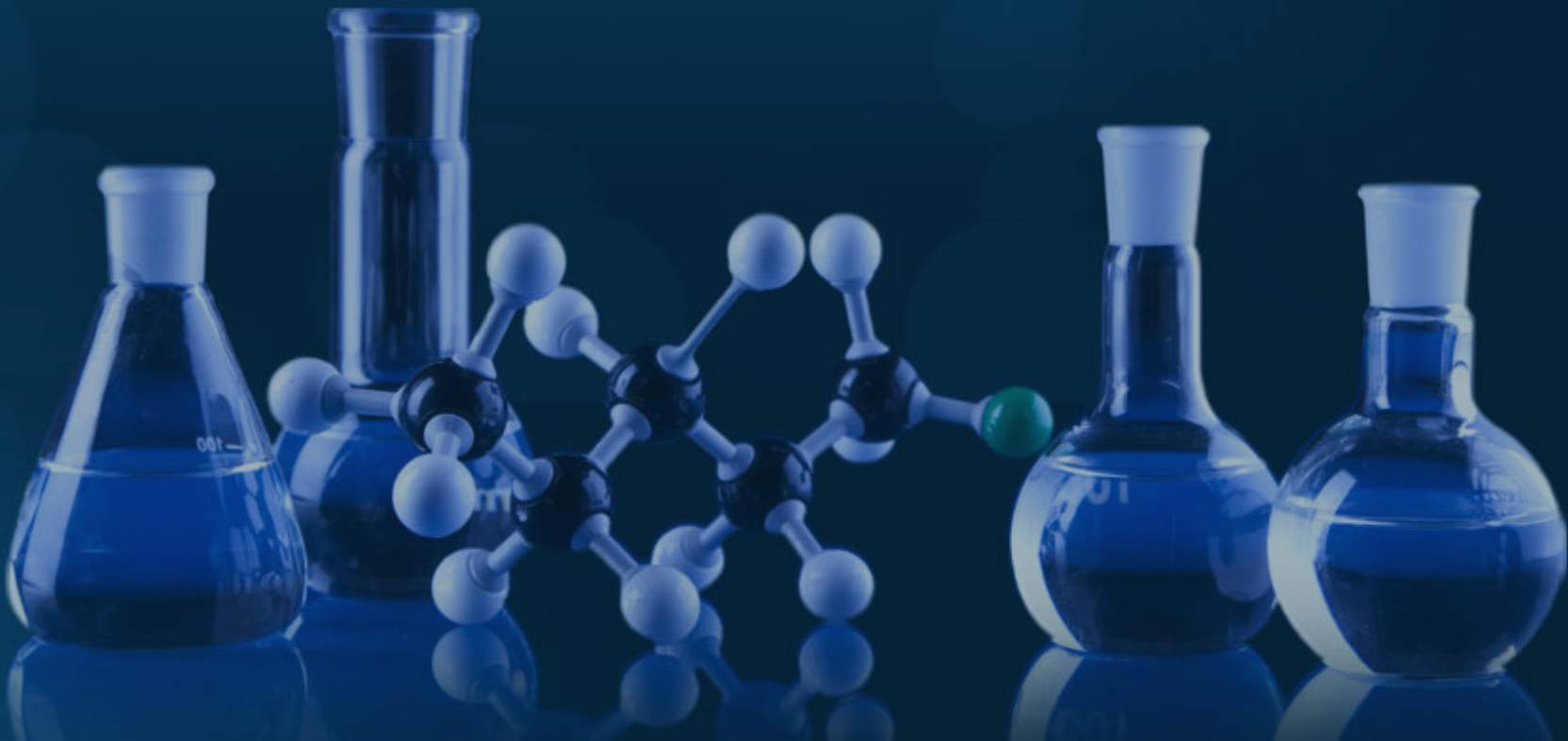




ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis



Sodium

Home » Mineral Information » Sodium



Sources Of Sodium

Seafood -	tuna, clams, caviar, lobster, sardines, scallops, shrimp
Meats -	brains, eggs, beef kidneys, beef liver
Vegetables -	beet greens, celery, Swiss chard, olives, peas
Dairy -	butter, buttermilk, cheeses
Miscellaneous -	pickles, table salt, soy sauce, steak sauce, kelp, brewer's yeast, drinking water from water softeners. Processed and fast foods are often high in salt content

Roles In The Body

Sodium is an extracellular element, involved in fluid balance, regulation of blood pressure and cell membrane permeability.

Functions Of Sodium

Circulatory -	maintenance of blood pressure, increases heart rate
Excretory -	helps maintain acid-base balance
Digestive -	required to produce hydrochloric acid in the stomach
Endocrine -	reduces aldosterone secretion
Detoxification -	keeps toxic substances in solution

Synergistic Nutrients

Absorption -	glucose
Metabolic -	manganese, chromium, vitamin C, E and B complex

Antagonistic Nutrients

Absorption -	calcium
Metabolic -	zinc, choline, inositol

Hair Analysis Notes

Sodium is referred to as the volatility mineral

High Hair Sodium:

- indicative of excessive adrenal gland activity
- often indicates excitability and fast oxidation
- sodium levels can be elevated by toxic metals, especially cadmium

Low Hair Sodium:

- excellent indicator of impaired adrenal gland activity
- very low sodium is indicative of exhaustion
- hair must not be washed at the laboratory for accurate readings

Supplementing Sodium

Salt consumption can be harmful if excessive, or if blood pressure is elevated. Slow oxidizers with low sodium levels and low blood pressure often feel better when they use sea salt or soy sauce in cooking.

*This material is for educational purposes only
The preceding statements have not been evaluated by the
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